

What is Anois?

Anois is a Youth Leadership programme, which has been offered by the Limerick Diocesan Pastoral Centre since 1994, to schools in the local area.

Objective of Anois

The objective of this programme is the formation of small groups who will contribute in a practical way to the enhancement of their community environment. The programme involves elements of personal, interpersonal and spiritual development.



Background of Anois

Anois is a self-development leadership course, aimed at transition / fifth year students and young adults.

The origins of Anois lie in the “Training or Transformation” programme. The programme follows an “active learning” model – doing something and then learning through reflection on what was done and how it was done.

How does the programme work?

The Anois programme is advertised through schools. Application forms are handed out, interested students (Transition and fifth year) fill in the forms and short interviews are held. A team of students are chosen to go on the residential training programme along with student from other schools.

Timetable for the Week

Sun ...	Programme begins at 6pm with introductions, icebreakers & games
Mon...	Listening & communication exercises followed by evening activities including the Anois Teams Quiz
Tues...	Teamwork exercises, Anois Olympics. Evening Activity - Anois Idol
Wed...	Meeting skills workshop. Decision Making exercises. Committee roles and responsibilities. Evening Activity.
Thur...	Selection of ANOIS project. Commissioning Ceremony and closing liturgy at 1.30pm . Week ends at 2.30pm

When is the programme run?

The programme is run over one week in January and lasts from Sunday evening to Thursday lunchtime. Anois will run in 2011 from January 9th to 13th and January 16th to 20th.



Where is it run?

The ANOIS programme is a residential programme and for the last three years it has been run in St. Patrick’s College, Thurles Co. Tipperary. This venue has a lot to offer including excellent catering staff and extensive grounds including playing pitches and basketball courts.



How much does the programme cost?

The programme costs €180, however some schools do cover part of the cost for their students.



Leaders

The leaders chosen to work with school groups for the week are made up of former ANOIS students who are now in third level education or in full time employment. All leaders undergo training with the youth ministry team in the Pastoral Centre before becoming ANOIS leaders. As well as learning how to run workshops leaders are also trained in Child Protection.

***Child Protection
Policy Statement
of the
Limerick Diocesan Pastoral
Centre***

We in the Limerick Diocesan Pastoral Centre are committed to practice, which protects children from harm.

Staff and volunteers in this organisation accept and recognise our responsibilities to develop awareness of the issues, which cause children harm.

We will endeavour to safeguard children by :

- * Adopting Child Protection Guidelines including Health & Safety, Elements of Good Practice, and Code of Behaviour for staff volunteers.
- * Sharing information about child protection and good practice with children, parents, staff, and volunteers.
- * Sharing information about concerns with agencies who need to know, and involving parents and children appropriately.
- * Following carefully the procedures for Recruiting, Training and Managing staff and volunteers.
- * Providing effective management for staff and volunteers through supervision, support and training.
- * We are also committed to reviewing our policy and good practice at regular intervals.
- * Copies of the document outlined above (e.g Code of Behaviour, Health and Safety, Recruitment Procedures, Element of Good Practice etc.) are available for inspection from the Pastoral Centre.

***About the Limerick Diocesan
Pastoral Centre***

The Limerick Diocesan Pastoral Centre was established in 1994. The centre provides support to the emotional, spiritual, physical, social and intellectual growth of young people and adults. This is guided by the Centre's Mission to be a source of hope, light, growth and support to people.

The Anois programme is one of a number of quality programmes provided by the Limerick Diocesan Pastoral Centre in Limerick City and at other locations.

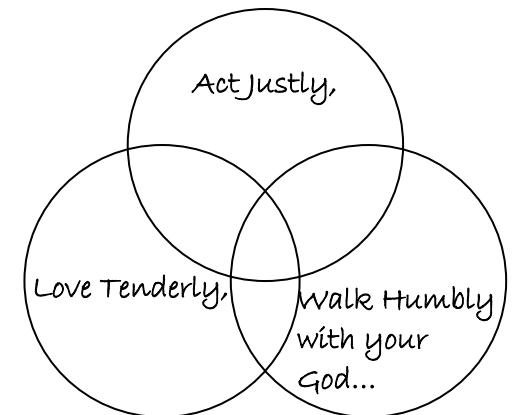


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ANOIS

*Youth Leadership
Training Programme*



Micah 6:2-8